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Sound of a Woman winning at the Junos

PAGE 13

Public board has a big math problem to solve

Education. Provincial
cuts may leave system
millions short this fall

Deep cuts anticipated in this year's provincial budget could leave Calgary's public school board tens of millions short, even as it welcomes in thousands more students.

It's a familiar scenario facing the Calgary Board of Education, which has seen per-student funding decline in each of the past four years. But Brad Grundy, the organization's superintendent of finance, said in an interview it would be premature to speculate on where the axe would fall.

Provincial Finance Minister Robin Campbell warned of a five per cent reduction in departmental spending and Grundy didn't mince words when asked about the fallout of such a cut.

"If that's true, that's bad, but is that true? I don't know," he said. "If it's an absolute five

per cent reduction, that will have impacts across our system and we will do our best to shelter the kids from those."

For the 2014-15 school year, the board received more than \$1.1 billion from the provincial government. A five-per-cent cut to that amount for 2015-16 would amount to a little less than \$55.8 million.

But there's more at play, as the board still anticipates that it could take in 2,000 to 2,500 additional students in the fall.

Grundy noted that 78 per cent of the board's operating funds are devoted to salaries.

"We're looking at our programs and services and trying to anticipate what some options might be," he said. "At the end of the day, we're going to open our doors, we're going to have a teacher in a classroom, there's going to be students. The learning environment will be safe and supportive, but I would anticipate, based on the foreshadowing that the government does, that there will be some potentially noticeable changes." **JEREMY NOLAIS/METRO**



LOCKED AND LOADED

Neil Hilts and his MRU Ski Club partner in crime Wade Lahring, in the background, are taking aim at the Guinness World Record for the largest toy pistol fight. See story, page 8. **JENNIFER FRIESEN/FOR METRO**



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Weather. City to use \$2M to clear snow from 'bus zones'

Walking in the winter to and from 100 "bus zones" in Calgary will be made easier with the extra \$2 million budgeted for snow and ice control by city council last November.

The city has now identified specifically where to deploy those extra resources, prioritizing transit stops that are frequently used by seniors and people with mobility challenges.

Coun. Brian Pincott, who introduced the budget amendment last fall, said Sunday a mound of snow or an icy sidewalk can present an "impenetrable barrier" to some people trying to make their way to a bus stop.

"That might as well be a 20-foot wall or a sea of alligators ... if you are in a walker, if you can't walk long distances — or if you're in a wheelchair," Pincott said.

While the focus is on people with mobility issues, the clearing is also aimed at making walking to and from transit safer for all riders, according to the report.

Tim O'Sullivan, who rides transit virtually every day, said the clearing around bus stops and LRT stations is usually OK, but he's encountered days when it seems little, if any, snow has been cleared.

O'Sullivan suggested using the extra funds for staff overtime and preemptively clearing stations ahead of rush hour when a major storm is expected.

Visit metronews.ca for a full list of the 100 "bus zones."

ROBSON FLETCHER/METRO

Partnership opens up access to acupuncture

Health. Three social agencies offering ancient Chinese treatment for free



MORGAN
MODJESKI

morgan.modjeski@metronews.ca

Some of Calgary's most vulnerable people are trying a new medicine with ancient roots.

Not being able to sit in a chair for more than a few minutes, or work at a computer without experiencing pain, Michelle Bella said the chronic ache in her right shoulder had her at her "wits' end."

With medication and physiotherapy not helping the injury, Bella's doctor recommended she try acupuncture. However, with her husband's benefits only covering a few sessions, costs of the treatment would have presented a challenge.

Now, with the help of a partnership between the Alex Community Health Clinic and the Canadian Institute of Traditional Chinese Medicine (CITCM), Bella has been able to access the service free of charge and said the change has been drastic.

"The pain has gone away — it's just amazing," she said. "I don't like needles myself, but you don't feel them when they go in."

The Alex Community Health Clinic is just one of three locations where the CITCM is providing the service. They're also treating clients of the Calgary Drop-In



Acupuncture patient Michelle Bella and Duyen Cio, a third-year acupuncture student at the CITCM, confer at the Alex Family Community Clinic. Bella, who was suffering from a sore shoulder, said she wouldn't have been able to access the treatment if it wasn't for services provided by the Alex. MORGAN MODJESKI/METRO

and Rehab Centre and the Alex's Abbeydale Place.

CITCM executive director Xia Cheng said one goal of the institute is to ensure that there is "acupuncture access for everyone," noting the service also addresses emotional and mental stress.

"We're not only there to give them acupuncture," Cheng said. "We do talk with them, we do have a lot more

one-on-one contact and conversations."

Officials with the Alex said providing acupuncture to its clients was a unique opportunity, as it's something they would never get to experience.

"I honestly believe that many of our clients would never have the ability to go and see an acupuncturist," said Loretta Dobbeltsteyn,

health programs manager at the Alex.

She said an introduction to new medicine in a safe space is important.

While the Alex is currently treating chronic pain with acupuncture, the clinic has been monitoring its effectiveness in hopes of expanding the program to help treat those dealing with substance abuse and addiction issues.

1
NEWS



Tales from
the Organ Trade

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Janis Bent stands in front of City Hall Saturday.

PHOTO COURTESY OF JANIS BENT

Calgarians protest Bill C-51

Crowds of Calgarians flooded the streets in protest of Bill C-51 this past Saturday, but some residents said the protest won't enact any serious change when it comes to the controversial Anti-terrorism Act.

Calgary resident Janis Bent said while she was pleased to be part of the large group of Calgarians standing up for what they feel is right for Canada, she

doesn't think the protest will in any way impede Bill C-51's progress.

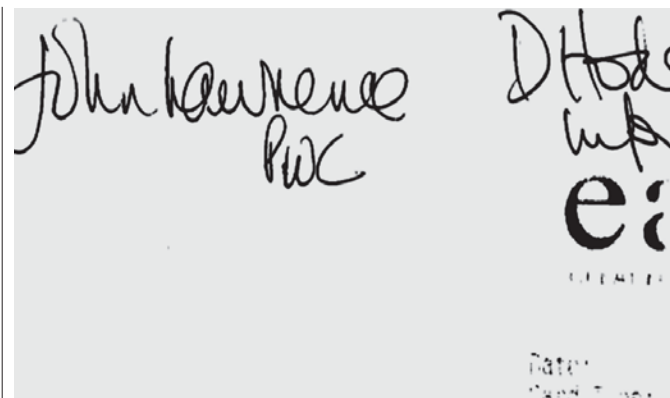
More than 500 people — along with 80,000 others across the country — gathered in front of City Hall Saturday to protest Bill C-51, which gives police and the Canadian Security Intelligence Service (CSIS) more power to investigate terror suspects and criminalize any potential campaigns for

terrorism.

"For me, it's knowing that at some point I may not have an opportunity to speak my mind," Bent added.

"I should be allowed to have a critical opinion. People should be allowed to impart an idea without being afraid of being accused they're trying to take down the government."

ANNA BROOKS/METRO



'Best copy possible' is stamped on numerous supporting receipts that are difficult to read. Kay Best (inset), published online Friday by Alberta Health Services. SCREENSHOTS

Former health expensing habit

Health Services. Some of the \$80K in expense claims had 'insufficient detail' to support them

restaurant receipts, most of them not itemized, and miscellaneous items like a \$270 subscription to the Calgary Herald.

In numerous cases, the supporting receipts are illegible or virtually blank, and stamped with "Best Copy Possible."

Included in the documents is a Feb. 6, 2008 memo to the accounts payable manager of the time, saying several of Best's claims "were not in compliance" with the policy on travel reimbursement and "in a number of instances there was insufficient detail of expenses."

Efforts to reach Best, who now sits on numerous public and private boards of directors in Alberta, were unsuccessful Sunday.

In a statement, Colleen Turner, a senior program officer with AHS, said all of Best's expenses "were incurred and approved prior to the creation of AHS when the former regional health authorities were in existence."

"Many of the expenses incurred by Ms. Best would be completely unacceptable under current Alberta Health Services' policies and practices regarding executive expenses," Turner wrote in an email to Metro.

Best's expense claims were

Alberta Health Services has published more than \$80,000 worth of expense claims from a former chief financial officer of the Calgary Health Region — many of them supported with illegible or virtually blank receipts — that it says would be "completely unacceptable" under current policies.

On Friday, AHS posted online a 441-page PDF document detailing expenses from January 2005 to October 2008 claimed by Kay Best, who served as CFO for the now defunct Calgary Health Region.

The claims include items like a \$2,800 return airfare between Calgary and Toronto, a \$445 bill from the Fairmont Hotel MacDonald in Edmonton for a one-night stay and costs charged to the room, and an \$1,800 registration fee for a Calgary conference on "Best Practices for Audit Committee Effectiveness."

It also includes dozens of res-

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s.17(1), 17(4)(e.1)

or impossible to read in the expense claims of former Calgary Health Region CFO

executive's 'unacceptable'

posted in a section of the AHS website where it has been incrementally publishing expenses of former executives, a process that began Aug. 1, 2012 with the release of former Capital Health Region CFO Allaudin Merali's expense claims in response to a freedom of information request from CBC.

Merali was terminated that same day, as the CBC went public with its investigation, revealing Merali had billed for \$350,000 worth of items like meals and wine at high-end restaurants between 2005 and 2008.

Merali then sued AHS for more than \$6 million over his dismissal and, in 2014, accepted a \$900,000 settlement.

AHS has since published expense claims from dozens of other former executives and board members in the same section of the website, often in conjunction with or shortly after other news organizations have gone public with the results of their freedom of information requests.

Best's expenses were different, however, in that her expenses were put online Friday without any accompanying news articles. It wasn't immediately

clear who filed the freedom-of-information request that prompted their disclosure.

Citing internal government emails, CBC reported in February that the Alberta government was planning to change the way it delivers freedom of information requests by executing a so-called "document dump" every Friday that would see all completed general requests (ones not seeking personal information) published online.

This would differ from past policy in which documents were delivered to the person who requested them either exclusively or at least in advance.

Steve Buick, press secretary to Health Minister Stephen Mandel, said Sunday "there has been no change in policy" in how the Alberta government releases freedom-of-information responses as of yet, although "there is ongoing discussion" about doing so.

Regardless, Buick added, the change would not affect AHS, as the provincial government "does not dictate how AHS handles release of information under FOIP (the Freedom of Information and Protection of Privacy Act) including when they release a specific response." **ROBSON FLETCHER/METRO**

Western Alberta

Residents want province to take aim at elk

Ranchers and farmers in western Alberta say they are losing money because too many hungry elk are using their fields as a free all-you-can-eat buffet.

Growing herds are munching, trampling and pooping on grain and hay

crops from the Peace region south to the United States border.

Fed up with the voracious ungulates, two municipalities want the provincial government to make it easier to hunt elk to reduce their numbers. Alberta's Agriculture Financial Services Corp. estimates crop damage from wildlife in the Peace region alone was almost \$7 million in 2011 and 2012.

THE CANADIAN PRESS

Stoney Trail

Fire department battles grass fire in southeast

High winds gusting over the weekend fanned a grass fire that engulfed 35 hectares of land in southeast Calgary last Saturday.

Calgary fire crews were called out to battle the blaze off of Stoney Trail and 88 Street SE. while

police aided motorists through poor visibility conditions on Highway 22X.

Emergency responders said the exceptionally high wind speeds caused two overhead power lines to clash, which sparked what evolved into a fast-moving grass fire. Crews had the fire extinguished later that evening with no injuries reported.

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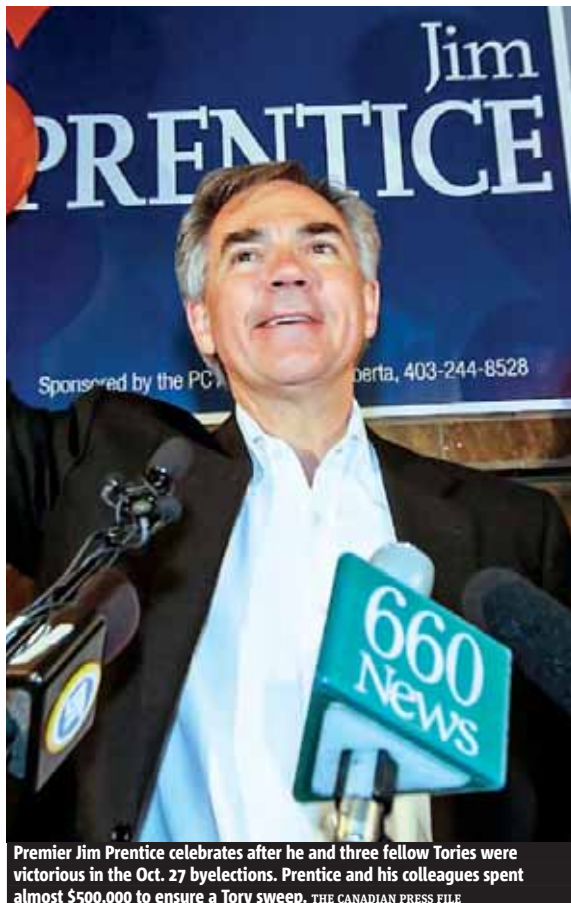
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Tories dug deep into their coffers to win byelections

Finances. Wildrose should have put bulk of funds into closest races: Professor



JEREMY NOLAÏS
jeremy.nolais@metronews.ca

Progressive Conservative candidates running in what were seen as four pivotal October byelections spent nearly half a million dollars en route to victory, according to financial documents posted online.

Premier Jim Prentice, cabinet ministers Gordon Dirks and Stephen Mandel, and Mike Ellis led a Tory-blue sweep of the Oct. 27 polls in three Calgary ridings and in Edmonton-Whitemud, but they spent \$497,950 along the way, or about \$22.69 per vote received.

The governing party's financial push was 60 per cent larger than the opposition Wildrose's,

which spent a total of \$308,970, or about \$22.38 for each vote received.

But Lori Williams, an associate professor of political science at Mount Royal University, said the lofty spending was necessary because the stakes were high for the government and opposition.

She said the financial documents detail an "inexplicable set of decisions made by the Wildrose party," as it attempted to spread its funds around too thinly. Williams said the Wildrose would have been better off focusing on races it could win, particularly Calgary West, where Wildrose challenger Sheila Taylor lost to Ellis by just 315 votes.

That race was the only one that saw a non-Tory candidate outspend other challengers, as Taylor's crew spent \$89,636, compared to \$63,739 spent by Ellis and his team.

Even then, Williams questioned Wildrose's resource commitment to Kathy Macdon-

ald's campaign against Prentice in Calgary-Foothills, one she said Wildrose was never going to win. Macdonald's team spent \$77,930.

Fellow Wildrosers John Fletcher spent nearly \$75,000 in Calgary-Elbow, but he mustered only a third place finish.

"The implosion of the Wildrose party — though that couldn't have been predicted — can be traced directly to the miscalculations in the byelections," Williams said, referring to a mass party defection to the PCs just a few months later.

Prentice spent \$170,602 on his Foothills campaign, more than any other byelection candidate.

The Alberta Party outspent the Liberals and NDP, but nearly all of the money went to Leader Greg Clark's campaign in Elbow.

Clark ultimately lost out to Dirks, the province's education minister, but he said he established a foothold in the riding, one he hopes will pay off in an

anticipated springtime election.

"Of the four byelections, we went all-in on Calgary-Elbow," he said. "That was necessary because we're building a brand, we're building an awareness of our party. Our numbers showed along the way we were very close."

Clark's campaign was bolstered by \$85,537, but it was outmatched by the \$135,950 spent by Dirks.

The education minister spent more per vote (\$32.32) than any other Calgary candidate. Requests to Dirks' press secretary about his campaign were referred back to party officials.

More online

For a full breakdown of who spent what, head to metronews.ca/calgary.



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'I intend to completely clear my name': Bhardwaj

A Tory associate minister facing a bribery allegation in his Edmonton constituency is denying the claims against him and has launched a \$1-million lawsuit against the person who made them.

MLA Naresh Bhardwaj issued a statement Friday after Metro was first to report Wednesday on two statutory declarations from supporters of Balraj Manhas, a former challenger in the Edmonton-Ellerslie Progres-

sive Conservative nomination race.

The lawsuit names Balbir Sidhu as a defendant, who swore out a statement with allegations against Bhardwaj.

Manhas had been due to run against Bhardwaj, the incumbent MLA and associate minister of persons with disabilities, but Sidhu's statutory declaration claims a proxy operating on behalf of Bhardwaj offered a \$10,000 bribe to Sidhu in a bid to undermine

Manhas' campaign.

Another sworn statement from someone else suggests a proxy working for Bhardwaj misled a Manhas supporter in another bid to undermine his campaign.

None of the allegations have been proven.

"I am aware of the allegations made against me with respect to my nomination candidacy for Edmonton Ellerslie," Bhardwaj wrote in a statement Friday.

"I vehemently deny the entire substance of these matters. I have engaged legal counsel and I have filed a statement of claim. I intend to completely clear my name."

Bhardwaj took a leave from his cabinet position, after meeting with Premier Jim Prentice, in order to address the claims made against him.

JEREMY NOLAIS/METRO
WITH FILES FROM RYAN TUMILTY



Wade Lahring, left, and Neil Hilts are hoping for hundreds to show up at Mount Royal University's Wyckham House Monday night for a Nerf fight unlike any before. JENNIFER FRIESE/FOR METRO

Gunning for a world record

Event. MRU students hope to set Guinness World Record with toy pistol fight

Email

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JEREMY NOLAIS
jeremy.nolais@metronews.ca

Members of a popular university ski club are taking a break from the powder and piling up a mountain of toy pistols for a world-record attempt.

The largest toy pistol fight to date, according to Guinness World Records, occurred at Washington University in St. Louis, Mo., in 2010 and involved 461 students.

But the Mount Royal University Ski Club is up for the challenge. They hope to see hundreds gather at Wyckham House on campus — the darts fly at 8 p.m. sharp.

"I do believe we'll get it (the record)," said Neil Hilts, president of the club. "We've got 500 people on Facebook ... it's not just students that are invited. I'm expecting around 600-650 people."

But the massive crowd is gathering for more than just some rubber-ammo mayhem. On the eve of the

ski club's second season this past fall, co-founder Michael Huras passed away.

"It (the club) was very close to folding after that happened," said co-founder Wade Lahring said.

But he and the other founders pressed on and the ski club now has more than 700 members — half of the fees collected each year now go into a scholarship fund in Huras' name.

"It's a positive force on campus," Lahring said of the club. "Whenever I meet a member in the hall after a trip, they tell me how great of an experience it was and how they'd made friends they never had before."

Those taking part in Monday's event will have the option of donating to the scholarship as well.

Hilts said the Nerf war will be a fitting tribute to their fallen ski buddy.

"Mike was always such a fun guy," he said. "He always had Nerf wars with his friends — just small ones. We know he would have loved something like this."

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Politics. Senators' anxiety builds amid ongoing audit

Single phone calls, sandwiches eaten during committee meetings, postage stamps — the smallest details have come up for review in the auditor general's study of Senate expenses.

Senators of all political persuasions have been taken aback by the strength of the microscope fixed on their office, travel and living expenses, as well as claims submitted by staff.

And it hasn't just been the types of questions that have ruffled feathers, but also the level of access afforded to auditor general Michael Ferguson's staff — some 40 auditors in any given month, his office said. They've been able to delve into the emails of senators, and cell-phone records.

For example, the auditor general's office has been cross-referencing daily expense claims with activities, to verify if the upper chamber really needed to pay for a lunch or whether one was served in a meeting or on a plane trip.

The angst has been building steadily in the Senate as the final report draws closer.

Some have decided to fork over the cash before the report

comes out — \$185,677 was reimbursed to the public purse by unnamed individuals in the 2013-14 fiscal year alone, not including monies returned by embattled senators Mike Duffy, Pamela Wallin and Mac Harb.

Many senators complain bitterly that the auditor general's office has not shown a good understanding of what constitutes Senate business, and the daily work they do.

A major source of anxiety is over the type of travel that senators do on a weekly basis. How much time do they spend in their Parliament Hill office and why? What does normal travel look like in their home provinces?

An update of the travel policy was instituted in the summer of 2012, with an appendix noting that "speaking engagements or attendance at fundraising events other than those organized by the Senate" did not qualify as an expense.

All of this confusion will also be hashed out in the upcoming trial of Sen. Duffy, which involves several charges linked directly to his travel and living expenses. **THE CANADIAN PRESS**



Snow blankets east coast

A Montrealer walks down the street during a snowfall on Sunday. The last official week of winter started with a bang in the Maritimes as well, with a storm ripping through all three provinces and paralyzing parts of the region. Roadways closed, many flights were cancelled, and police throughout the region advised people to stay home if at all possible. An accumulation of 20 centimetres is expected overnight in much of New Brunswick and P.E.I. **PAUL CHIASSON/THE CANADIAN PRESS**

Hockey. Abusive parents to face stiffer penalties

Hockey parents who swear and yell at coaches, referees and players during their kids' games will be handed stiffer penalties next season by a British Columbia association that is taking aim at "rink rage" and inspiring officials across the country.

The Vancouver Island Amateur Hockey Association's stance garnered more support this week, as police in West Vancouver recommended an assault charge against a 45-year-old man. He allegedly grabbed another player's father during a game between the Hollyburn Huskies and the

Semiahmoo Ravens from Surrey, B.C.

Jim Humphrey, president of the Vancouver Island association, said he received widespread support after eight parents were given a one-game suspension for abusing referees, often teens themselves, who quit in frustration. Five more parents had to sit out the next game for repeat offences.

In the fall, parents who continue their "overzealous" behaviour after being banned from games will have their children cut from the team, Humphrey said.

THE CANADIAN PRESS

Vancouver area

Ballots arrive for transit plebiscite

Ballots for a plebiscite will begin arriving in mailboxes Monday, asking Vancouver-area residents whether they're willing to foot the bill for a huge public-transportation overhaul.

THE CANADIAN PRESS

Ontario

NDP seeks ban on LGBTQ 'therapy'

An NDP private member's bill seeks the ban of conversion therapy, a process in which therapists try to convince LGBTQ youth their sexual orientation is wrong and can be changed.

THE CANADIAN PRESS

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Suspect claims shots off-target, says prosecutor

Ferguson. Authorities don't 'buy' that suspect was aiming at someone other than two officers

A 20-year-old man charged Sunday with shooting two police officers who were keeping watch over a demonstration outside the Ferguson Police Department had participated in the protests earlier that night, police said.

St. Louis County prosecutor Robert McCulloch said Jeffrey Williams told authorities he was firing at someone with whom he was in a dispute, not at the police officers.

"We're not sure we completely buy that part of it," McCulloch said, adding that there might have been other people in the vehicle with Williams.

Williams is charged with two counts of first-degree as-

sault, one count of firing a weapon from a vehicle and three counts of armed criminal action. McCulloch said the investigation is ongoing.

The officers were shot early Thursday as a crowd began to break up after a late-night demonstration that unfolded after Ferguson Police Chief Tom Jackson resigned in the wake of a Justice Department report that found widespread racial bias in the police department.

"He was out there earlier that evening as part of the demonstration," McCulloch said of Williams.

McCulloch said Williams used a .40-mm handgun, which matches the shell casings at the scene.

Williams, who is black, is being held on \$300,000 bond.

The two injured officers were released from hospital later Thursday.

THE ASSOCIATED PRESS



Four years since start of anti-Assad uprising

Anti-Syrian-government protesters act as prisoners killed in Syrian government jails, part of a protest to mark the fourth anniversary of the Syrian uprising, at the Martyrs' Square in downtown Beirut, Lebanon, on Sunday. Before the civil war started in March 2011, an estimated 22 million people lived in Syria. More than 3.8 million Syrians have fled their country in the four years since the uprising against President Bashar Assad began.

HUSSEIN MALLA/THE ASSOCIATED PRESS

Brazil

Death toll in bus crash rises

The Brazilian government raised the death toll of a bus accident to 54 while police continued their search for more victims Sunday in the rugged lands of southern Brazil.

The bus plunged 1,300 feet down a mountain near the city of Joinville on Saturday. **THE ASSOCIATED PRESS**

Britain

Alleged would-be militants sent back

British police said three males, two 17-year-olds and a 19-year-old, have been deported from Turkey and arrested on suspicion of planning terrorist acts. Their names haven't been released.

The trio left Britain several days ago, travelling to Spain and then flying to Turkey. They were detained in Istanbul on Friday after British officials notified Turkish authorities.

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Pipelines expand as Keystone fight drags on

Oil industry. Network has increased by a quarter over the last decade, and new capacity now dwarfs the Keystone project

In North Dakota, just a few hundred kilometres from the proposed path of the Keystone

XL pipeline, 84,000 barrels of crude oil per day recently began flowing through a new line that connects the oilfields to an oil hub in Wyoming.

In West Texas, engineers activated a new pipeline that delivers crude from the oil-rich Permian Basin to refineries near Houston. And in a string of towns in Kansas, Iowa and South Dakota, local government officials are scrutinizing the path of pipeline extensions

that would pass nearby.

While the Keystone project awaits a final decision, scenes like these are unfolding almost every week in lesser-known developments that have quietly added more than 18,600 kilometres of pipeline to the nation's domestic oil network.

About 3.3 million barrels per day of capacity have been added since 2012 alone — five times more oil than the Canada-to-Texas Keystone line

could carry if it's ever built.

The pipeline build-out provides a little-noticed counterpoint to the fierce political battle being waged over the 1,900-kilometre TransCanada project, which is still in limbo seven years after it was proposed. During the long wait for Keystone, the petroleum industry has pushed relentlessly everywhere else to get oil to market more efficiently.

THE ASSOCIATED PRESS



Paul Stolen, a retired state biologist now working with groups opposing an Enbridge project in Minnesota, says he thinks the number of pipeline projects will only multiply. MINNEAPOLIS STAR-TRIBUNE/THE ASSOCIATED PRESS FILE

Heart health

Experimental cholesterol drug shows promise

New research boosts hope that a highly anticipated, experimental class of cholesterol drugs can greatly lower the risk for heart attacks and other heart-related problems.

Studies presented Sunday at a cardiology conference in San Diego suggest that people taking one of these drugs had half the risk of dying or suffering a heart problem. Side-effects, especially whether they can harm thinking and memory, remain a question.

One of the drugs is being developed by Amgen Inc. and the other by Regeneron Pharmaceuticals and Sanofi.

THE ASSOCIATED PRESS

Egypt conference

Investors sign deals worth billions of dollars

Egyptian President Abdel-Fattah el-Sissi on Sunday boisterously marked the final day of a major economic conference that has injected billions of dollars' worth of aid and investment in his country, while still acknowledging the road to recovery will be long and costly.

Investors committed \$10.7 billion US to projects on Saturday, a day after Gulf Arab nations announced a \$12.5-billion US aid package. The agreements include a \$6.5-billion deal with Egypt's Orascom group and the Abu Dhabi-owned International Petroleum Investment Co. to build a coal-fired power plant.

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China. Premier vows to cut red tape

Premier Li Keqiang expressed determination Sunday to press ahead with reforms meant to reduce the government's role in the Chinese economy in hopes of spurring growth — despite what he acknowledged would be pain for “vested interests” that benefit from regulation.

“This is not nail-clipping. This is like taking a knife to one's own flesh,” Li said after

Quoted

“This is not nail-clipping. This is like taking a knife to one's own flesh.”

Premier Li Keqiang, at a news conference after the close of China's annual legislature in Beijing.

the close of China's annual legislature in Beijing. During his only news conference of the year, the premier repeated pledges to reduce requirements for government approval of new businesses.

At this year's session of the National People's Congress, the government lowered the official economic growth to seven per cent from last year's 7.5 per cent and promised to maintain employment levels, fight corruption and curb pollution.

Li acknowledged that reforms face opposition from politically influential state companies that might face tougher competition and officials who might see their own status reduced.

“During the course of reform, vested interests will be upset because the government is cutting its own powers,” he said, adding that China as a whole will benefit.

THE ASSOCIATED PRESS

Utah plans registry for scammers

In the same way a customer searching for a new laptop might consult Consumer Reports before making a purchase, Utah Attorney General Sean Reyes wants would-be investors to consult a resource listing convicted fraudsters before handing over any money.

It was Utah's high rate of affinity fraud, in which someone takes advantage of a trusted relationship, that led Reyes to team up with lawmakers to authorize a state-run registry of white-collar criminals.

The registry would oper-

Quoted

“People are extremely trusting in our state.”

Utah Attorney General Sean Reyes

ate similarly to a sex-offender registry, listing the names, photographs, aliases, birthdates and convictions of scammers with certain first- or second-degree felonies.

The listing is not meant to punish or shame criminals, Reyes said, but simply to pro-

vide another tool to help prevent financial loss in vulnerable populations.

And in a critical difference for the registry for sex crimes, the white-collar criminals would not be required to report their listing to employers or neighbours. A name will be removed from the catalogue if the criminal pays full restitution.

All information in the registry is already public and appears in court records and news reports.

THE ASSOCIATED PRESS

Concerns

American Civil Liberties Union of Utah's legal director John Mejia said being listed in a registry is like wearing a scarlet letter.

- The registry may discourage or hinder criminals who want to reintegrate into society and might also make the criminals a target for discrimination, he said.

VOICES

NIMBY NO MORE

After giving it a long, hard think, Jeremy Klaszus is dropping this unneighbourly word from his vocabulary



KLASZUS'
CALGARY
Jeremy Klaszus

After some reflection, I'm done with NIMBY (Not In My Back Yard).

No, I'm not through with people who have been branded as NIMBYists by others. I'm through with the term itself and will excise it from my vocabulary.

I've slapped that label on people as recently as last month, here in this column. But some good people in our city have convinced me that applying that label is more harmful than helpful.

Over the past few weeks, I've had some revelatory conversations with a couple folks in my neighbourhood who oppose a developer's plan to buy Bridgeland School (currently

owned by a private school) and turn it into condos.

Our exchange came about because there's a proliferation of "stop rezoning of Bridgeland School" signs in my neighbourhood. This annoyed me, and I vented on Twitter, getting snarky: "One weeps for Bridgelanders living in their \$750,000+ homes, kept awake by the threat of new housing units people can actually afford."

I also complained that it's disappointing when citizens engage only to oppose things.

There came a quick reply: how do we know that people engaging to oppose one thing don't also engage to support others?

OK... we don't know.

And in this case, it turns out I was wrong.

After arguing a bit on Twitter with those behind the campaign, I started corresponding

with them by email. All of a sudden, the tone changed.

Spouting opinion on social media is easy. Having a sustained, genuine dialogue requires more. You can't just be snarky and dismissive.

We talked about what we want to see in our neighbourhood and found much common ground. We want more density. We want a lively main street where small businesses can make a go of it. And yes, we all want more school and childcare options for families — which is where Bridgeland School comes in.

They are working with Coun. Gian-Carlo Carra to explore different possibilities for the site before the rezoning application goes before council later this year.

As we talked (a couple of us even met for coffee), a bunch of my assumptions were knocked down. I assumed they only spoke up

to protect their own interests. Turns out one has been working to get a business revitalization zone (BRZ) going and also sits on the community association planning committee.

Truth be told, she's probably more involved in the community than I am.

Now, we still don't agree on everything. But I'm certainly more open to the possibilities they see for the community. And I don't see them as NIMBYists anymore. I see them as neighbours.

I've also been persuaded by the YIMBY project (Yes In My Back Yard), a local citizen push away from the polarizing NIMBY label toward conversations where people with different points of view can find common ground.

It's a worthy effort. By labelling less and listening more, we can have better conversations about Calgary's future.

Your Calgary



Selfie with sculpture

Photo submitted by Metro reader Frank King

Metro reader Frank King created this selfie Friday night at the Chinook Arc interactive sculpture, part of Barb Scott Park at 12th Avenue and 9th Street S.W. He used a Nikon D7100 and tripod to capture himself in this light.

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Upcoming

World Water Day celebrations

It will be a refreshing way to raise awareness about the importance of clean drinking water.

To celebrate World Water Day, which takes place on March 22, the Devonian Gardens in the CORE shopping centre will host a celebration of all things H2O next week.

Hosted by the Centre for Affordable Water and Sanitation Technology, the event will be a chance for members of the public to "explore local and global water issues," as more than 100 youth will be on hand to showcase their "action projects," its website explains.

The free and family-friendly event runs from 4:30 p.m. to 7 p.m. at the Devonian Gardens, Calgary's only indoor park. For more information, visit cawst.org. **METRO**

March art exhibit

Calgary art collectors are quivering with anticipation, as the Riverview Artists are set to hold their March show and sale this week.

According to an event listing, the March exhibit will feature a number of the group's original paintings and a variety of mediums.

Patrons will have a chance to speak with the artists about their work, as many of the creators will be present from 9 a.m. until 4 p.m. each day.

The event runs from March 16 to 20 at the Sun Life Plaza west tower, located at 140-4 Avenue S.W. **METRO**

Arkells do swell

Hamilton favourites Arkells won group of the year as well as rock album of the year.



Bliss for Alanis

Alanis Morissette received her induction into the Canadian Music Hall of Fame.



Weeknd double

Toronto alt-R&B paramour The Weeknd won artist of the year, as well as R&B/soul recording of the year for his hit, Often.



SHOWSTOPPERS

Junos highlights.

Kiesza, The Weeknd, Arkells win multiple awards, but Alanis Morissette steals show

Besides legend Alanis Morissette, who was this year's top winner at the Junos?

There was the absent Leonard Cohen, Montreal's bard of blackness, whose gold-certified *Popular Problems* took the evening's top prize for album of the year, thus giving him six career Junos and continuing his unlikely late-career creative renaissance.

Or perhaps the year's crown jewel was Calgary's Kiesza, winner of her first three career Junos after her irrepressible one-take, Brooklyn-shot video for *Hideaway* — a throaty ode to '90s house — catapulted her to unlikely worldwide success.

Before she claimed her award for breakthrough artist of the year, she took a moment to seemingly offer support to 16-year-old fellow nominee Shawn Mendes (backstage, she called him "such a sweet heart" and testified that he was a deserving winner: "That kid did it all on his own").

"I'm shaking. I'm a little nervous," she said as she accepted her award. "Thank you to all my fans.... Thank you for all the support this past year."

The Junos also proved to be believers in Magic!, the evening's leading nominees whose reggae-redolent smash *Rude* landed



Kiesza took a gentle turn at the piano before exploding into the fleet-footed fury of *Hideaway*. THE CANADIAN PRESS

the Toronto quartet awards for single of the year and breakthrough group of the year.

They performed the song, too — married as it was to new single *No Way No* — and frontman Nasri Atweh was air-conditioner breezy both while singing and speechifying.

Magic! and Kiesza weren't the only Juno newcomers to make their presence felt.

Although The Weeknd (the moniker for master of grim seduction Abel Tesfaye) of Toronto had won two awards in prior years, he performed for the first time — crooning his pitch-black 50 *Shades of Grey* tune *Earned It* on a dimly lit stage, illuminated by

sparse light bulbs — and claimed the biggest Juno of his career for artist of the year, in addition to R&B/soul recording of the year.

The typically publicity-averse 25-year-old allowed his speaking voice a rare cameo when he accepted the show-closing award.

"Um, I'd like to thank the Junos, of course," he said. "I want to thank Canada, man, thank you guys. I wouldn't be here without you. Thank you."

And in performances, Mendes put in a winsome acoustic performance of *Life of the Party*, electro-pop songwriter Lights

teamed with Sam Roberts to flash through her *Up We Go* and his *We're All In This Together* and mega-popular dance producer Deadmau5 and Colleen D'Agostino powered through a funky, laser-focused (and enhanced) *Seeya*.

THE CANADIAN PRESS

Inuk throat singer Tanya Tagaq procured her first Juno for aboriginal album of the year for *Animism*, which also won the Polaris Music Prize. THE CANADIAN PRESS

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES



Stefano Gabbana (left) and Domenico Dolce are in hot water over remarks they made to an Italian magazine last week about gay adoptions and in vitro fertilization. ALL PHOTOS GETTY IMAGES

Celebs call out D&G's gay-parent snipe

Designers Domenico Dolce and Stefano Gabbana have some not-too-progressive thoughts about gay parents, and certain big names are none too happy about it.

"We oppose gay adoptions. The only family is the traditional one. No chemical offspring and rented uterus: life has a natural flow, there are things that should not be changed," Gabbana declared during an interview with Italy's Panorama magazine.

Dolce had some choice words as well: "You are born to

a mother and a father — or at least that's how it should be," he added. "I call children of chemistry synthetic children. Uteri (for) rent, semen chosen from a catalogue."

Needless to say, Elton John was not pleased. John's two children were conceived by in vitro fertilization.

"How dare you refer to my beautiful children as 'synthetic,'" he posted to Instagram.

"Your archaic thinking is out of step with the times, just like your fashions. I shall never wear Dolce and Gabbana ever

again."

Courtney Love chimed in as well, posting that she wants to burn all her Dolce and Gabbana goods. "I'm just beyond words and emotions," she tweeted.

Gabbana said in a statement Sunday that "it was never our intention to judge other people's choices." Dolce says he was expressing his view about family based on his experience, and that he is aware that other types of families are just as legitimate.

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Alex Winter says he started dabbling in the more secretive world of the Internet in the early '90s. GETTY IMAGES

Winter delves into Deep Web

SXSW. Director's latest explores Internet privacy and the infamous Silk Road

NED
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Metro World News in Hollywood

Alex Winter (formerly known as Bill from Bill and Ted's Excellent Adventure) has developed quite a career as a director. His second doc, Deep Web, premiered at SXSW Sunday. It chronicles the work of Ross Ulbricht, recently convicted of being the creator and operator of the online black market Silk Road. He even got his old Bill and Ted's co-star, Keanu Reeves, to narrate the film. We spoke with tech-savvy Winter about the project.

How did you first get involved with the Ulbricht family to get this access?

The previous film I did, Downloaded, was about Napster, and I spent a lot of time working on that story over the course of many years. And in doing so, I really got pretty embedded in the tech community, which is actually pretty small. There's the hedge fund side, the Silicon Valley side, the hacker side, and then there's a sort of activist side, and the Napster story had crossed pretty much all of those different components. So when I went about doing this story, I already had a lot of access to some of the major players in the more activist side of the Internet — people who use the Internet for social activism and more political purposes. And as for Lynn Ulbricht, we trafficked in some of the same circles, and I came to her as someone that community knows and trusts.

There's a lot here even tech-savvy people don't quite have their minds wrapped around. How do you go about presenting issues like Bitcoin and digital rights?

I really try to tell stories. This is only my second documentary, I mostly do narrative, but it's sort of the same no matter what. You try to tell a story that's entertaining, first and foremost, and clear. It's not a college essay and it's not a treatise. It's a movie. The benefit of that, from my perspective, is it dictates what I do and don't have to explain. I may know a little bit more about technology than most, but I'm still a layman. I'm not a coder, I'm not a hacker, I'm not an Internet activist. I'm just interested in these worlds and exploring them thematically. I stick to theme rather than saying, "Let's spend 20 minutes really breaking down how Bitcoin works on a crypto-mathematical basis."

Frankly, it's not going to help them understand the deeper themes of the movie. The themes are actually pretty easy to understand. Why do you have blinds on your living room window? Why do you have a door on your bathroom? You know, the idea that if you have nothing to hide you have nothing to fear is kind of a tautological argument you hear thrown around a lot that really makes no sense on a common-sense basis. It's the idea that all human beings have a right to privacy and that our own constitutional right to privacy is a very big part of what it means to be human, and if those rights get taken away or impaired, you lose a little bit of your individuality, of your human-ness. That idea is very understandable for a lot of people whether or not they get how these encryption tools work.

Details

Alex Winter went pretty deep himself into Silk Road when he was conducting research for the film:

- "I had to. I knew about it before, though. Encryption and hidden markets online is nothing new. My first experience with both drug markets and encrypted email and communities online was in 1989, 1990 when I first got involved in the BBS usenet groups of that era. Frankly, a lot of the people that were in Silk Road are the same people that were around in those days. The Silk Road is something

that's been slowly evolving over the 25, 30 years of the Internet's existence," he said.

He also thinks SXSW is the perfect place to debut Deep Web:

- "I love this festival. I premiered Downloaded there. And you're absolutely right, these two movies are a slam dunk for this festival. You're in such great company with so many great filmmakers who are showing films there. I just become a fanboy."

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Bargain shopping gone berserk

A good deal? Sale shopping can be a good cover for the compulsive spending that's draining your bank account



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Who doesn't love a good sale? But when bargain hunting, coupon clipping, or mastering the deal becomes the objective, you and your budget are likely headed for big trouble. If you catch yourself saying, "But it was such a deal!" it's time to think twice.

If you're spending money you don't have — if you're putting it on credit and not paying it off in full by the end of the month — it's not a deal. If you're buying something you don't need, it's not a deal. If it takes you three weeks, three months, or never to put what you bought to use, it's not a deal.

A deal is buying the snow-suit your child is going to wear next winter on sale at the end of this winter at 70 per cent off. A deal is picking up a new book you know your sister is dying to read — for half price. A deal is getting something you really need or want at a significant saving, and being able to pay for it in cash.

Shopping for bargains has become a social disease. So how do you know if you've been bit-



All those shopping bags might be weighing you down in more ways than you realize. iSTOCK

ten? Here are three clues:

Your home is jammed to the rafters with stuff.

Chronic bargain shopping is often unconscious spending, so you may not even know you're doing it. Take a look around. How much of the stuff you bought is sitting unused?

Your favourite phrase is "It was on sale?"

All of us fall prey to impulse

shopping from time to time. The problem for people who can't curb their desire for immediate gratification is that they're not prioritizing. They've lost the ability to figure out if they can do without, so, even with a whopping salary, they're a centimetre away from destitution.

Acquiring something new makes you feel happy.

As counterintuitive as it may

seem, some people become chronic bargain shoppers out of a fear of poverty. It can be a self-esteem thing, too. If you have to have the latest fashions and accessories to feel you're admired, your self-esteem issues are showing.

People who can't pass up a good sale even if it's on something they don't want, need, or even particularly like aren't smart bargain buyers, they're

compulsive shoppers. Scoring deals helps them to ease their insecurities and feel more competent and in control. And they rationalize their purchases as something good they are doing for themselves or their families.

A study by Norwich Union Insurance in Britain in late 2007 showed that 17 per cent of Brits spent more than planned because they couldn't resist a bargain, and almost a quarter of them could justify buying more because of a low price tag. In fact, nearly a third got such a buzz bargain shopping that they were always on the look out for the next hit.

The next time you find yourself sidling up to the cash register with a bargain in hand, ask yourself:

- Do I need it?
- How will I pay for it?
- What will I do with it?
- What would happen if I waited?

Better yet, get yourself a small notebook and promise you'll never again shop without a list. In this notebook, keep a list of the things you need and want. If you find a bargain, look at your list to see where that item is. If it's at or near the top of your list in terms of priority, and you have the cash on hand, buy. If not, walk away.

You'll accomplish a whole bunch of things with a list book. You'll keep yourself on track, looking only at things you know you need or want, and you'll prioritize your spending.



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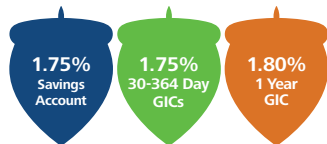
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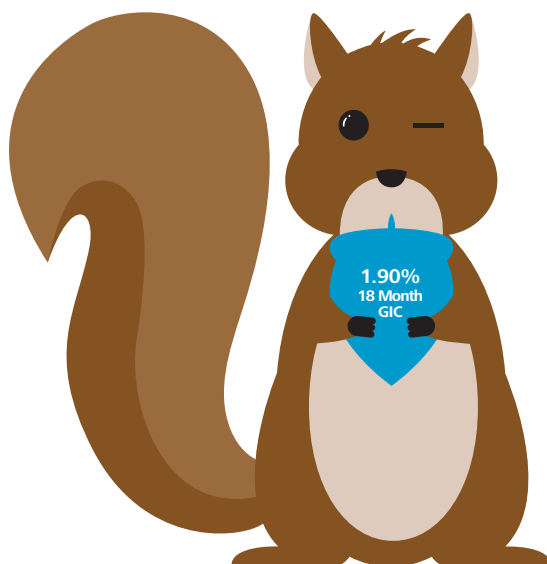
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This recipe serves six. ROSE REISMAN

Thai inspiration

Dinner. Flank Steak with Thai Sauce employs staples such as coconut milk and ginger



ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Flank steak is one of the leanest cuts of meat you can eat and is absolutely delicious. I love it as a main course dinner for the family and especially for entertaining hard-to-please guests.

Leftovers are great to eat at room temperature or as filling for sandwiches.

If you have time, a flank steak can be marinated for a couple of hours or overnight for a more tender result.

Light coconut milk is a fresh addition to this recipe and one quarter of a cup has only 40

calories and four grams of fat. Compare this to regular coconut milk, which has 136 calories and 14 grams of fat!

Directions

1. Sauce: In a bowl, combine the coconut milk, lime juice, sugar, fish sauce, garlic, ginger, chili sauce and cornstarch.

2. In a nonstick skillet sprayed with vegetable spray, heat the oil over medium-high heat. Cook the onion for 5 to 8 minutes until lightly browned. Add bell peppers and sauté for 5 minutes. Set aside.

3. In grill pan or barbecue sprayed with vegetable spray and preheated to high, grill the steak for about 5 minutes per side for medium-rare or just until done to your preference.

4. Add the sauce to the vegetables and simmer for 5 minutes, until slightly thick-

Ingredients

Thai sauce

- 1 cup light coconut milk
- 1/4 cup freshly squeezed lime or lemon juice
- 3 tbsp brown sugar, packed
- 2 tbsp fish or oyster sauce
- 1 1/2 tsp minced garlic
- 1 tsp minced fresh ginger
- 1 tsp hot Asian chili sauce
- 2 tsp cornstarch

- 2 tsp vegetable oil
- 2 cups sliced onions
- 2 cups sliced red bell peppers

- 1 1/2 lb flank steak

Garnish

- 1/3 cup chopped cilantro or parsley

ened. Slice the steak against the grain and serve with the sauce. Garnish with cilantro.

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Dear Metro,
I've been at my job for three years and am still making the same salary as when I started. I really want to ask for a raise at my upcoming performance review, but there's one problem: I'm a wuss! The thought of requesting more money makes me very uncomfortable. How can I get over my anxiety, and get more cash?
— Please, Sir, I Want Some More

Dear PSIWSM,
Although your pseudonym is cute, performance meetings are no time to channel malnourished Dickensian orphans. When asking for a bump to your pay stub, ditch timidity for tenacity.

To build your confidence — and your case for more coin — review your concrete achievements from the past three years. What assets have you brought to your company and why are you great at your job?

Jot down your accomplishments and prepare an assured-but-appreciative argument. Knowing your spiel won't just settle your nerves — it will also make your

claim more persuasive.

Making an appeal for a salary increase may feel uncharacteristically haughty. But if a pay hike is merited, asking for one isn't arrogant.

Dear Metro,
My office is pretty gossipy, but I try to stay out of the drama. However, it recently came to my attention that someone has been bad-mouthing the quality of my work. I really don't want to get involved in some immature spat, but I also want to set the record straight. What's better: ignoring my enemies or fighting them off?
— Your Words, They Hurt

Dear YWTH,
Base your reaction on the vigour of this rumour. Forgettable by Friday? Just forget about it. But if you're colleague's psst-pssting might weaken your professional reputation, consider a calm but direct response.

Go for the source. Ask your scandal-spewing colleague for a coffee, then ask for an explanation. This isn't a confrontation: Keep your comments reasonable and your tone relaxed. Be upfront about your feelings, but avoid getting passive-aggressive. In short: Don't give them anything new to gossip about. The most effective way to down-play performance-related gossip is to perform effectively. Don't let behind-your-back grumblings distract you from your day-to-day tasks. Stay focused, and no one will speak ill of your work — because it will speak for itself.



If faced with gossip, go for the source and confront it head-on. ISTOCK

Don't just follow the leader — become the leader at work

Career building. If you plan on moving up the ladder, you need to be proactive and take risks

LAKSHMI
GANDHI
Metro in New York City

Read any career book or blog, and there will likely be a section on the importance of developing your leadership skills in order to move ahead in your career.

What's often less clear (especially to younger workers) is how to best go about doing that.

"Rather than just saying something like, 'My job as a receptionist is just to let people through,' you should be using your job as a platform and take more things on," says Herminia Ibarra, the author of *Act Like a Leader, Think Like a Leader* and an expert on leadership development.

"That's how you move up," Ibarra offers this advice for employees planning their next move:

Take risks

Oftentimes, Ibarra says, employees are hesitant about mixing things up when they are in charge of a project because of a fear of inauthenticity.

"When you are in an unfamiliar role, you don't know what you want to be like," she notes.

"Taking more of a take-charge attitude and doing things like working your network and selling ideas almost seems like a violation of who you are."

Ibarra urges fledgling leaders to put those hesitations aside.

"Whatever image you have in your mind of a leader is a caricature," she says. "You can say, 'I don't



Volunteering to present at a conference is a great way to broaden your network. ISTOCK

Quoted

"Get involved in extracurricular activities and industry associations and go to conferences that let you see the big picture."

Herminia Ibarra, author of *Act Like a Leader, Think Like a Leader*

things that they do well and see if you can try that out yourself."

Do more than your job description

One trap that many people fall into, says Ibarra, is that they feel restricted by their jobs.

"Try to see if you can ex-

pand the boundaries of your job," she urges.

"Get involved in extracurricular activities and industry associations and go to conferences that let you see the big picture. Then, ask yourself how you can apply those skills to your job and learn to be more strategic."

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Family. Not all sniffles are worth a sick day

How do you know when you should keep your kid home from school?

While it may seem obvious, the decision can be difficult for it requires juggling the family schedule. Chicago pediatrician Dr. Hanna Chow-Johnson lays out guidelines to help parents do what's best for their child and his classmates.

Beginning with obvious cases such as fevers, many schools prohibit a child from attending until he's been fever-free for 24 hours.

Same for stomach problems such as gastroenteritis or the stomach flu that can cause vomiting and diarrhea, says Dr. Chow-Johnson.

"Children should not go back to school until both the vomiting and diarrhea are gone for 24 hours," she says.

When it comes to colds, a minor cough is acceptable, but Dr. Chow-Johnson reminds parents to teach their children proper coughing hygiene, which includes coughing into a tissue or their elbow, accompanied by frequent hand washing.

Believe it or not, something as simple as a sore throat may be reason enough to keep the child home.

Children with strep throat are contagious and should not be in school until they have been on an antibiotic for 24 hours," she says.

"If it is a viral infection, go by comfort level as far as returning to school."

Lice and conjunctivitis are highly contagious and call for keeping the child home.

Symptoms of conjunctivitis — also known as pinkeye — include discomfort, redness and swelling around the eyes and a discharge that can cause the eyelids to stick together.

"Your child is contagious with bacterial or viral conjunctivitis until the redness and discharge are gone," says Dr. Chow-Johnson.

"If the cause is viral eye drops won't help. The only cure is time. Don't

send your child to school until the redness is gone."

AFP

Land a spot at your dream school

Applications. Families should start the post-secondary education talk early to ensure success

LAKSHMI GANDHI
Metro in New York City

U.S.-based college admissions consultant Pria Chatterjee says it's really never too early for families to start talking about post-secondary schools with their kids.

"If a family's goal is to reach for the most competitive (schools), you have to start in middle school and start educating yourself in the landscape," she says.

But what about the students currently in high school who haven't seriously thought about university or college until now?

Chatterjee — the author of the new book *The Dirty Little Secrets of Getting Into a Top College: An Insider's Guide to Admission into the Top 100 Universities & Colleges in America* — (out on March 24) assures us it's not too late.

She offers students everywhere some pointers. The first is to work with what you have.

"You can't reinvent yourself (at this stage)," she says. "You take what you have and use it in the best possible way."

Be introspective so you are aiming at the right post-secondary target. Chatterjee sug-



Students have to be introspective so that they aim their applications at the right post-secondary institutions. ISTOCK

gests concentrating on making sure your application package is as strong as possible.

Be realistic: Chatterjee also stresses that it's important for students to be honest with themselves about the type of schools they want to pursue.

If a less-competitive program or degree would be a better fit, but you are hell-bent on getting into the most-competitive program, your goals are not going to match, Chatterjee says.

Streamline your activities: If a student is already in Grade 10 or 11, Chatterjee warns them not to suddenly join every club to make up for lost time.

"(Sophomore year) is really when you should be consolidating," she says. "Whether it's an instrument or drama or a sport, you should focus on that."



It's acceptable to send your kid to school with a minor cough, but make sure to teach them coughing etiquette.

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Men's basketball

Carleton continues CIS dominance

The Carleton Ravens rule. Again.

The Ravens roared to their fifth consecutive Canadian university men's basketball title Sunday, thoroughly dismantling the cross-town rival Ottawa Gee-Gees 93-46 at Ryerson University in Toronto.

Philip Scrubb poured in 28 points, while Thomas Scrubb added 20, capping spectacular college careers for the brothers from Richmond, B.C. They became just the fifth and sixth players in CIS history to win five CIS titles.

After the final buzzer sounded on the Ravens' 11th title in 13 years, Carleton fans flooded the court and the Scrubb brothers were surrounded in a huge team hug. **THE CANADIAN PRESS**

Women's basketball

Lancers top McGill in Quebec

It's five and counting for the Windsor Lancers women's basketball team.

Korissa Williams had 21 points and was named tournament MVP after leading Windsor to a 60-47 victory over the McGill Marlets in the CIS women's hoops final in Laval, Quebec. It marked the fifth straight national crown for the top-ranked Lancers, who tied Laurentian's record of five consecutive titles (1975 to '79).

Windsor also extended its win streak this season to 16 games and playoff win streak to 21 contests. The Lancers' last defeat came in 2012 when they lost to Ottawa in the OUA Final Four.

THE CANADIAN PRESS

Golden Bears live up to name once again

CIS. Alberta receives 'a total team effort' to win its second straight national men's hockey title and 15th overall



KRISTEN LIPCOMBE
Metro in Halifax

They came from the west and dominated the east.

The Alberta Golden Bears skated to a 6-3 win Sunday night over the UNB Varsity Reds, successfully defending their CIS men's hockey championship in front of 4,404 spectators at the Scotiabank Centre in downtown Halifax.

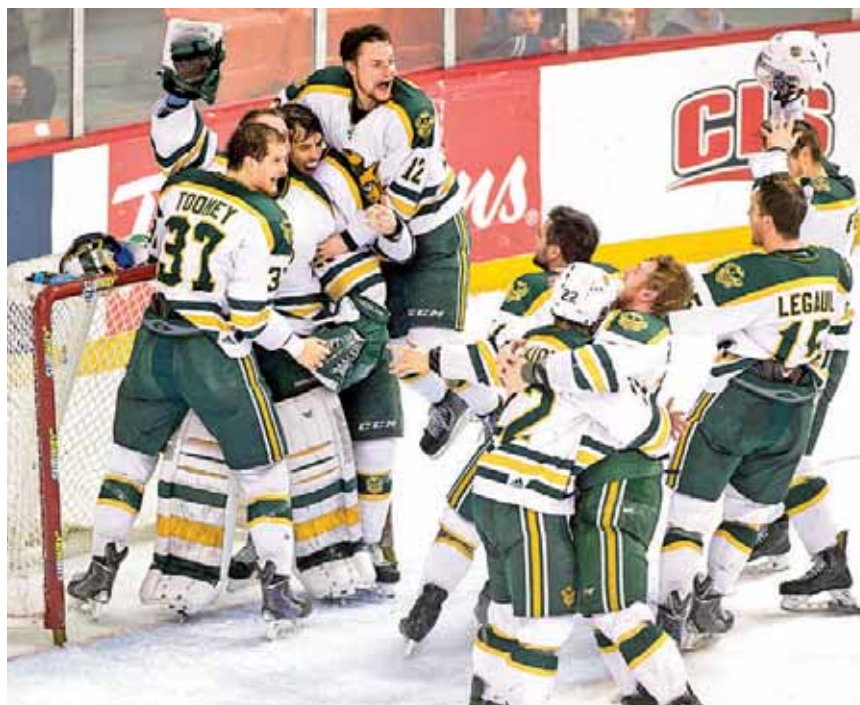
"It was a total team effort," captain Kruise Reddick, 24, said on the ice after the game, as his fellow Golden Bears took turns hoisting the University Cup over their heads and We Are the Champions blared through the arena.

Indeed it was a team effort.

Six different players scored for Alberta, including Reddick, who fired a shot through a crowd out front on the power play to make it 4-2 midway through the third period.

Stephane Legault and Jordan Hickmott scored in the first to give the Golden Bears an early 2-0 lead, the former on a wrist shot and the latter on a nice power-play snipe.

Johnny Lazo added one on a deflection from the point with 3.6 seconds remaining in the middle frame to make it 3-1, helping Alberta regain that two-goal lead.



The Alberta Golden Bears mob goaltender Kurtis Mucha after beating the UNB Varsity Reds 6-3 Sunday night to win the University Cup at the Scotiabank Centre in Halifax. ANDREW VAUGHAN/THE CANADIAN PRESS

In Calgary

Anthea Lasis scored a power-play goal at 12:19 of the first period and the McGill Martlets never looked back on their way to a 5-0 win over the Western Mustangs in the CIS women's final on Sunday at Canada Olympic Park.

Philippe Mallet and Adrian Robertson in the third, but the Atlantic University Sport

champions couldn't complete it, falling apart in the final four minutes.

"It's heartbreaking to lose like this," second-year defenceman Jordan Murray, 22.

"We've got to be ready for next year, and we know where we want to be," he added, pointing to the celebration at the other end of the ice. "We want to be over there, (doing) what those guys are doing."

The Golden Bears have now won 15 national championships.

4 SPORTS

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Ducks rally for comeback win

NHL. Predators squander two-goal lead against Western Conference's top team

Kyle Palmieri scored the tying goal and Nate Thompson put the Ducks ahead 35 seconds later, leading Anaheim back from a two-goal deficit with

a four-goal third period in a 4-2 victory over the Nashville Predators on Sunday.

Ryan Getzlaf scored early in the third and Cam Fowler added a power-play goal for the Ducks, who roared back from two scoreless periods to reclaim sole possession of the Western Conference lead in a lively meeting of division leaders.

John Gibson made 25 saves

On Sunday

4

Ducks

2

Predators

as Anaheim won its second straight after a three-game

skid, staying even on points atop the overall NHL standings with the New York Rangers.

Roman Josi and Taylor Beck scored, and Pekka Rinne stopped 24 shots in Nashville's eighth loss in 10 games.

The Ducks will be in action next on Wednesday when they host the Los Angeles Kings. The Predators host the Minnesota Wild on Tuesday night.

THE ASSOCIATED PRESS



The Predators' Craig Smith, left, and the Ducks' Kyle Palmieri collide in Anaheim, Calif., Sunday. CHRISTINE COTTER/THE ASSOCIATED PRESS



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NHL

Holtby, Capitals shut out Bruins

Braden Holtby made 32 saves for his eighth shutout of the season, Nicklas Backstrom became Washington's career assists leader, and the Capitals cooled the surging Boston Bruins with a 2-0 victory Sunday night.

Washington moved two points ahead of Boston for the first Eastern Conference wild-card spot.

Backstrom had two assists and moved past Michael Pivonka and Alex Ovechkin on the Capitals' assists list with 420. THE ASSOCIATED PRESS

NHL

Hamburglar leads Senators past Flyers in shootout

Bobby Ryan scored the shootout winner as the Ottawa Senators defeated the Philadelphia Flyers 2-1 Sunday night, but the hero was once again Andrew Hammond.

Hammond, making his third-straight start, stopped 27 shots to improve his record to 10-0-1 in his first 11 NHL starts. He has allowed 16 goals in those 11 contests.

THE CANADIAN PRESS



Blazers shoot down Raptors

Trail Blazers point guard Damian Lillard drives to the net against Raptors Jonas Valanciunas, left, and Amir Johnson in Toronto on Sunday. LaMarcus Aldridge poured in 24 points and Lillard added 23 as the Trail Blazers won 113-97. The Trail Blazers shot better than 60 per cent from the field in the first half and finished the night 13-for-29 from three-point range. AARON VINCENT ELKAIM/THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



Horoscopes by Sally Brompton

Aries

March 21 - April 20

Do something meaningful this week. Whatever it is, do it with others rather than on your own. As a group you may, in some small way, change the world.

Taurus

April 21 - May 21

You may be eager to push ahead with a project you know will be a success but the planets warn the timing is not right. Wait until Friday's solar eclipse.

Gemini

May 22 - June 21

Leave yourself plenty of time to reach your destination. Some days you can leave everything to the last minute, but today you have got to be organized.

Cancer

June 22 - July 23

It is possible you could come into money this week but it is also possible that you will lose money. Jupiter, planet of luck but also extravagance, warns you need to stay on top of the wasteful side of your nature.

Leo

July 24 - Aug. 23

Something will happen today that is a challenge and opportunity. While the challenge may come from the outside it is the way you react to it on the inside that makes it an opportunity.

Virgo

Aug. 24 - Sept. 23

Stay calm, be patient and don't try to force the pace. Accept that, where work is concerned, you have no choice but to wait while others catch up.

Libra

Sept. 24 - Oct. 23

Make sure you know what you are getting into today because if you let others take charge and decide what you will be doing you could end up in a place you don't really want to go.

Scorpio

Oct. 24 - Nov. 22

What is simple to you may be complicated to someone else, so don't get uptight if they can't grasp it. Patience may not be one of your virtues but you will need plenty of it today.

Sagittarius

Nov. 23 - Dec. 21

Nothing in your life is so urgent that it must be done right this moment and if anyone tells you otherwise they are not to be trusted. Bide your time and let others make the first move.

Capricorn

Dec. 22 - Jan. 20

Why do some people get hysterical over minor matters? Whatever the reason it's unlikely they are going to change, so make allowances.

Aquarius

Jan. 21 - Feb. 19

You feel confident but don't go too far and say or do something that risks making an enemy of people who are way beyond you in the power stakes.

Pisces

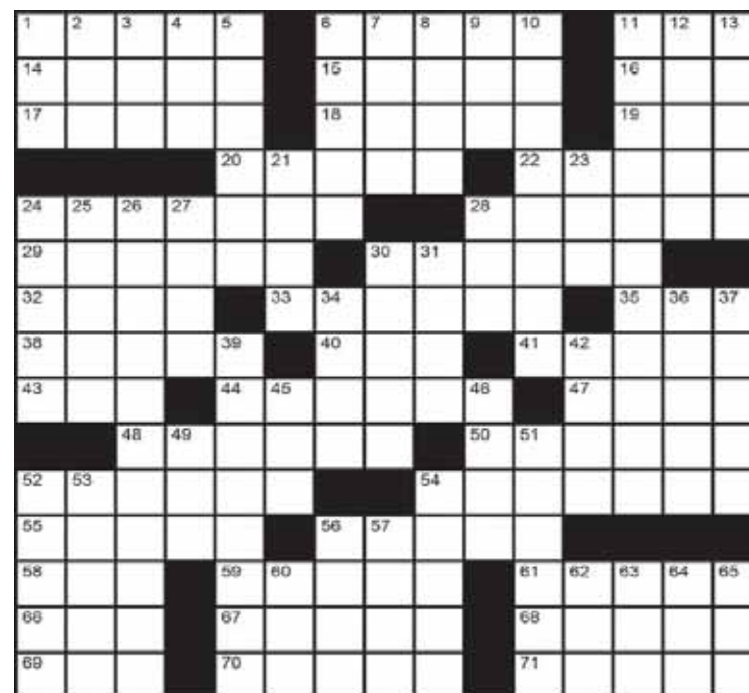
Feb. 20 - March 20

Don't cut corners and hope no one notices. They will. You may be falling behind and need to catch up but there is a right way and a wrong way to do it.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Warning signal
6. Saskatchewan town south of Prince Albert
11. Scottish hat
14. Time lag
15. Garlic sauce
16. Folk classic: "___ Had a Hammer"
17. The Police leader
18. Comedian Nick with a self-titled sketch show
19. Habs, on scoreboards
20. "An ___ Husband" (1999)
22. Can's ingredients spot
24. Likes
28. BC: ___ Lagoon Park, in Nanaimo
29. Chicken Soup link
30. Sweater sort
32. Unfeigned
33. Earlier match or round, short-style
35. "WiLD4TheNight (EgoLand)" Canadian rapper
38. De-sud
40. Frying need
41. ___ kebab
43. Founded, for short
44. "Goodness.": 2 wds.
47. 'Within'-meaning prefix
48. More sore
50. Thermal ___ (Hot/cold spot detector)
52. Ancient death



Down

54. Sherry ___, Canadian entrepreneur/philanthropist
55. WWII-era model
56. Panache
58. WSW's opposite
59. Arctic = ___ region
61. Baseball base
66. Edinburgh 'uh-uh'
67. Overturn
68. Workshop

machine

69. Gent's honorific
70. Grooms-to-be events
71. Fund

Down

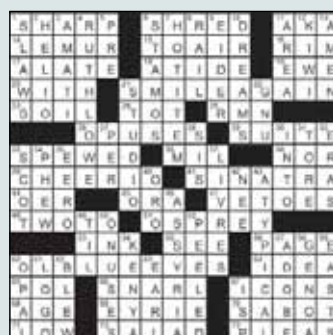
1. Classified listings, e.g.
2. Permit
3. Will Smith flick
4. Operated

5. "___ (Gone Gone Gone)" by Chilliwack
6. Exclaims "Rise and shine!"
7. Broadcast, ___ show
8. ___ Aid (Flavoured drink)
9. mEntire
10. As per #11-Down... ___ Lake, BC (Headquarters of

- Pioneer Log Homes)
11. HGTV's log cabins show: 2 wds.
12. Later
13. Paper factories
21. Heavy, as emotion
23. Prefix to 'culture' (Beekeeping)
24. Cavern
25. Ms. Day
26. Rocky ___

- (Western Canada scenic train journey provider)
27. Chemical suffixes
28. Fraternity letter
30. Johanna ___ (Opera soprano)
31. Seasoned stew, ___ podrida
34. Drove
36. Prefix with 'arthritis'
37. Cut
39. Dawn horse
42. Cabbage unit
45. Hellos
46. Rihanna's nickname
49. French vineyard
51. ___ Beach, South Carolina
52. Debuts, as a musical
53. ___ Peninsula, in Egypt
54. Poets
56. ___ collar
57. CBC News program, "The Exchange with Amanda ___"
60. Decide
62. Harrison's "Star Wars" (1977) role
63. "___ be my pleasure."
64. Pi's follower
65. Mother Nature's coat

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	5	8	7	3	2	9	6	4
6	3	9	1	8	4	5	2	7
4	2	7	6	5	9	8	3	1
2	1	4	8	9	3	7	5	6
8	7	3	5	2	6	4	1	9
9	6	5	4	7	1	2	8	3
5	8	1	9	6	7	3	4	2
3	9	6	2	4	5	1	7	8
7	4	2	3	1	8	6	9	5

		4	5	3	2	8		
	3						4	
6				8				2
7				5				1
8	6			7	9	5		3
4								8
9								6
	8			9			3	
		6	8	1	7	2		

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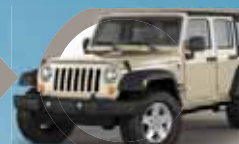
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